

BRUSSEL SPROUT AND KALE SALAD

By Kimberli Washington, Public Information Office



Ingredients:

- 2 bunches kale, center stem removed and thinly sliced
- 12 ounces Brussels sprouts, rinsed, trimmed and finely grated
- ¼ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 garlic clove, minced
- Salt and pepper to taste
- 1/3 cup sliced toasted almonds
- 1 cup finely grated parmesan cheese

Directions:

- In a small bowl, combine lemon juice, Dijon mustard, shallots and garlic. Whisk to blend and set aside to let flavors develop for a few minutes.
- Whisk in olive oil and season to taste. Cover until ready to use.
- In a larger bowl, mix together kale and Brussels sprouts. When ready to serve, add dressing and cheese. Toss to coat evenly and garnish with sliced toasted almonds.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.